# DINNERLY



## Easy Black Bean Beef
### with Jasmine Rice and Cashews

Whip up this iconic takeaway dish in a flash. Stir-fry beef mince, capsicum and zucchini, then toss in black bean sauce and you're good to go!

🕑 25 minutes    🍴 2 Servings

## WHAT WE SEND

- 150g jasmine rice
- 1 red capsicum
- 1 zucchini
- 40g cashews [15]
- beef mince
- 60g garlic and black bean sauce [1,6]

## WHAT YOU NEED

- 1½ tbs vegetable oil
- 2 tsp honey

## TOOLS

- small saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Tree Nuts (15). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 890kcal, Fat 48.7g, Carbs 83.3g, Proteins 50.2g

### 1. Cook rice
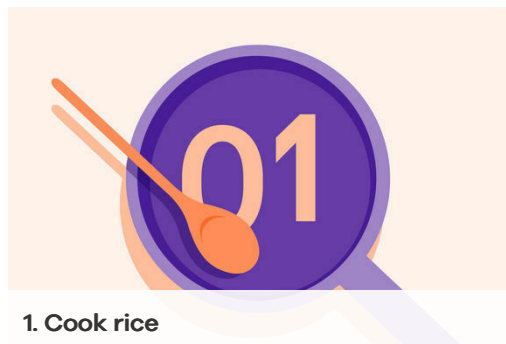
Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.

### 2. Prep ingredients
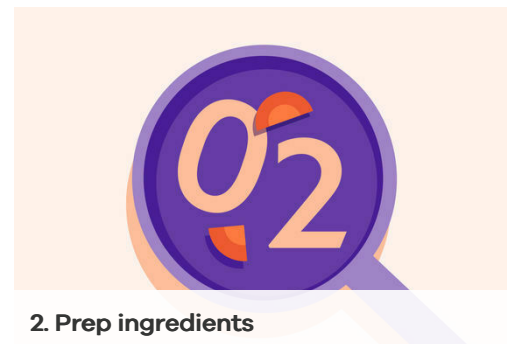
Meanwhile, cut the **capsicum** into 1cm-thick strips. Cut the **zucchini** into 1cm-thick batons. Coarsely chop the **cashews**.

### 3. Stir-fry beef
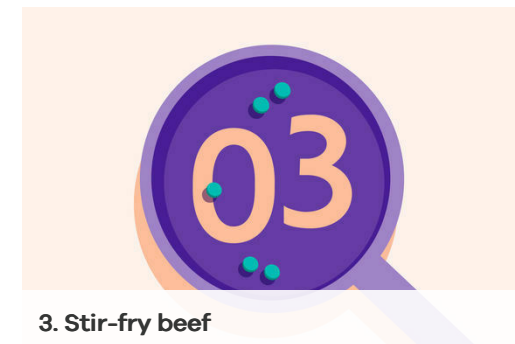
Heat **2 tsp vegetable oil** in a medium deep frypan over high heat. Stir-fry the **beef mince** for 3-4 mins until browned. Add the **black bean sauce** (see Make it yours) and **2 tsp honey** and cook, stirring, for 2 mins or until warmed through. Remove from the pan.

### 4. Stir-fry veggies

Heat **1 tbs vegetable oil** in the same pan over medium-high heat. Stir-fry the **capsicum** and **zucchini** for 4 mins or until almost tender. Add the **cashews** and stir-fry for 1 min. Add the **beef mixture** and **60ml (¼ cup) water** and stir-fry for 1-2 mins until warmed through. Remove the pan from the heat.

### 5. Serve up
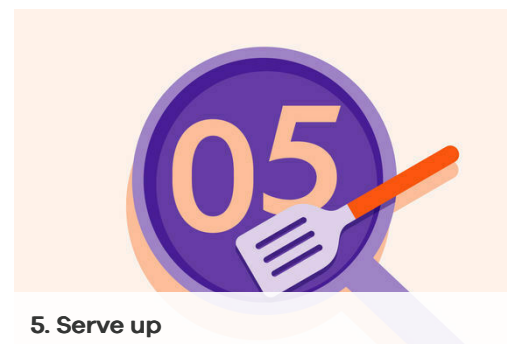
Divide the **rice** and **black bean beef stir-fry** among bowls and enjoy!

### 6. Make it yours
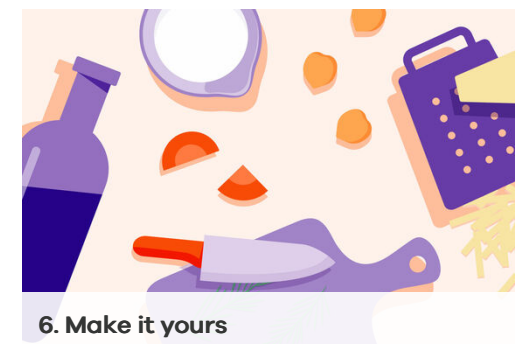
The black bean sauce is quite salty, so hold off seasoning the dish until you've served it up. Then, season your portion to taste at the table.

Packed in Australia from at least 70% Australian ingredients